



10. Giving oral rehydration solution (ORS)

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Overview

Oral rehydration solution (ORS) is the first step in managing people who are suffering from diarrhoea and dehydration.

If a person has no signs of dehydration or signs of mild dehydration (see Action tool [Assessment of dehydration](#)), they can be treated at home.

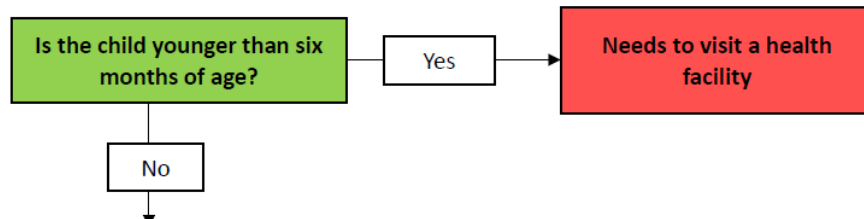
** Caution is required towards people who show signs of malnutrition. A child or adult with a red or yellow mid upper arm circumference (MUAC) measurement should be referred immediately to a health facility for treatment or prevention of dehydration. ** (see Action Tools, [Measuring acute malnutrition in emergencies](#) and [Measuring mid upper arm circumference](#) for further information on MUAC and on malnutrition).

What do to and how to do it

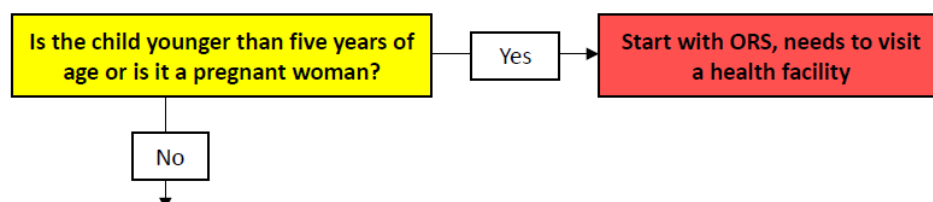
How to give ORS

It is important to teach mothers and caregivers to administer ORS to children correctly, to help the child get better and prevent the epidemic from spreading.

First, use the Action Tool *Assessing dehydration* to decide whether to opt for action Plan A, Plan B, or referral to a health facility. Based on the assessment of dehydration, follow either Plan A or B as detailed below:

Plan A**Plan A**

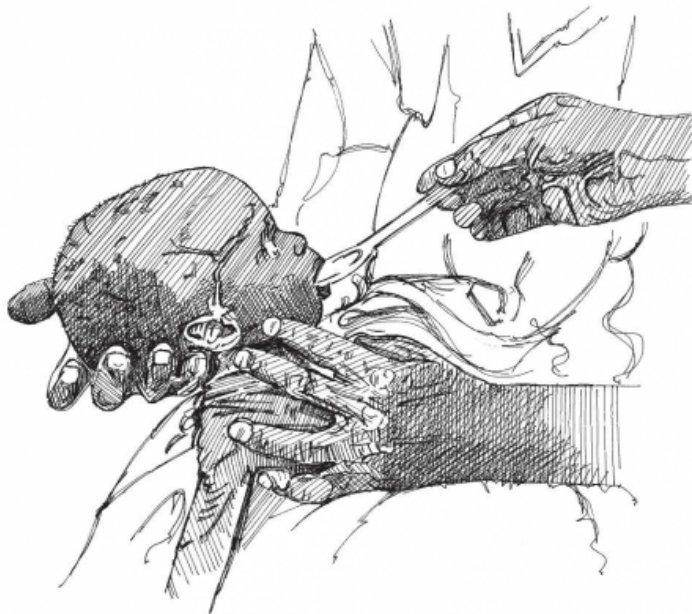
| Age | Amount of ORS after each loose stool | How much ORS per day | How much zinc |
|--------------------------|--------------------------------------|----------------------|---------------------------|
| Aged 6 months to 2 years | 50-100 ml (1/2 cup) | 500 ml per day | 1 tbl per day for 10 days |
| Aged 2 years to 5 years | 100-200 ml (1 cup) | 1000 ml per day | 1 tbl per day for 10 days |
| Aged 5 years to 14 years | 200 ml (1 cup) | 1000 ml per day | No zinc |
| 15 years and older | As much as wanted (minimum 1 cup) | 2000 ml per day | No zinc |

Plan B**Plan B**

| Age | Amount of ORS after each loose stool | ORS to drink in the first 4 hours | ORS to drink daily after the first 4 hours |
|--------------------------|--------------------------------------|-----------------------------------|--|
| Aged 6 months to 2 years | 50-100 ml (1/2 cup) | 500 ml | 500 ml |
| Aged 2 years to 5 years | 100-200 ml (1 cup) | 1000 ml | 1000 ml |
| Aged 5 years to 14 years | 200 ml (1 cup) | 1000 ml – 2000 ml | 1000 ml |
| 15 years and older | As much as wanted (minimum 1 cup) | 2000 – 4000 ml | 2000 ml |

Advise people and caregivers on the following:

- Mothers should continue breastfeeding
- ORS should be given regularly in small amounts (small spoons for children under two years of age and sips from a cup for older people)
- If the person vomits, wait 10 minutes and then continue to give ORS but more slowly.
- If vomiting continuous consult health facility
- Advise the person to come back to collect more ORS if diarrhoea continues and no ORS is left
- 50 ml = ¼ cup, 100 ml = ½ cup, 200 ml = 1 cup

**Giving ORS to a child and to an adult****Community messages**



01. Preparing and giving oral rehydration solution (ORS)